

VOLUME 6
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IS THERE ANYBODY OUT THERE?

The seasons well under way but I've heard from very few people except those wanting a candidate testing! Please ring or write if there is anything you wish us to talk about or write about at the meetings or in this newsletter.

Our PUA or Preliminary Umpiring Award, was well attended and nearly all passed. Well done to them all. I am sure they will agree that it is an excellent start to Umpiring and will give them the confidence to try to umpire at training sessions or friendly matches.

The biggest moan of the season is the lack of people wanting to attend coaching sessions. Two umpires booked in for the November date!

As the standard of hockey rises the standard of umpiring must rise too. Those of us who have had their C qualification for a while must consider that a couple of hours coaching will be beneficial and I know there are many umpires out there who have not had any coaching since they passed their C! We are here to help and our aim is to promote umpiring. We cannot do that if YOU will not support us by improving your game.

Liz Powell

DATES FOR YOUR DIARY:

AEWHA/HA PRELIMINARY AWARD SESSIONS - September 3, 5, 8 or 15, & 21st

BEGINNERS COACHING - September 3rd and 8th

COACHING FOR "C"s - November (to be advised)

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COMMITTEE MEMBERS 1991/2

Chairman : Liz Powell (Bennison)

Secretary : John James

Treasurer : Peter Lovell

Committee : John Burr

Jo West

Richard Powell

Lynda Watts

TAKE CARE OF YOUR HAMSTRINGS!

It is important to have good hamstring flexibility as these muscles are used in everything you do, i.e. running and playing sports.

Hockey in particular, is a sport which requires supple hamstrings. Reaching to receive the ball onto the stick, reaching into the tackle and swinging through the shot at goal are just a few examples where flexible hamstrings are important. Yet, many hockey players demonstrate poor ratings on hamstring flexibility when fitness tested.

It is essential also that hockey UMPIRES have flexible hamstrings in order to facilitate movement on the important arc into the circle. There are several cases each season where umpires sustain hamstring pulls or "tears" because their hamstring flexibility is poor. So, let's do something about it now in preparation for the new season.

LYN GOODLIFFE

Lecturer in Physical Education

UNIVERSITY OF BRISTOL

Try these exercises to improve the flexibility of your HAMSTRINGS. Make sure the body is warmed up and stretch in a warm environment. Use the method i.e. "stretch and hold" technique. DO NOT bounce whilst stretching as this creates a great deal of unwanted muscle tension which can cause a strain or tear and can also lead to muscle soreness.

1. Stand, one foot just in front of the other. Bend front leg with hands on knee to support the back. Keep the back leg straight. Bend down over the front leg until stretch at the back of the straight leg can be felt.
2. Stand, place front leg straight in front of you tipped on heel. Bend back leg and place hands on one or both knees for support. Bend down over front leg until stretch can be felt at back of straight leg.
3. Lie on back. Bend one leg, foot on floor. Pull the other leg gently towards face.
4. Sitting. Rest sole of left foot against extended right leg. Move hands down towards ankle. Bend from hips not from back.

SOMETHING TO TEASE THE BRAIN!

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ANSWERS TO THE LAST QUIZ

1. A hockey stick must be:

c. Between 12 and 28ozs in weight and not more than 5.1 cm thick inclusive of binding

2. The rules for the ball state that:

d. Any ball may be used provided it is between 156 and 163 grams in weight and between 22.4 and 23.5cms in circumference?

3. The goalkeeper:

d. May not wear gauntlets with the fingers bound together?

4. A team:

b. Must have a goalkeeper or someone nominated to defend goal

5. The pass-back:

d. May not travel along the centre line?

6. The umpire:

c. May not give penalty corners in the other umpire's circle

7. The bully:

c. Should be used to re-start the game after an injury when there was no offence

SOMETHING ELSE TO MAKE YOU THINK!

1. An attacker outside the circle, hits the ball towards the goal where the goalkeeper deliberately kicks the ball around the post so that it goes over the back-line outside the goal. Award?

- a. Hit in from the back-line
- b. Penalty corner
- c. Penalty stroke
- d. 16 yard hit.

2. Two yards in front of goal the goalkeeper saves a shot that was going into the goal but the ball drops into and lodges behind the pad. Award?

- a. Penalty stroke
- b. Bully on the penalty spot
- c. Bully 16 yards from the goal
- d. Penalty goal.

3. All the players in the team keep chatting and upsetting the opposition. Action?

- a. Stop the game and suspend the team for at least five minutes
- b. Stop the game and caution the captain with a green card
- c. Ask the captain to stop his/her team talking
- d. Suspend the next player who talks

4. A defender hits the ball across the circle. It hits the stick of an attacker who is standing in the circle but who does not see the ball coming, and then glances off into the goal. Award?

- a. Goal
- b. Hit in from the back line
- c. 16 yard hit
- d. Penalty corner

5. At a penalty stroke the goalkeeper, in stopping a high shot at goal, raises the stick above the shoulder while deflecting the ball clear over the crossbar with the free hand. Award?

- a. Penalty goal
- b. Retake the stroke
- c. 16 yard hit
- d. Free hit to the defence

6. At a free hit the player plays the ball safely but before it is stationary. Award?

- a. Retake the hit
- b. Free hit the other way
- c. Play on

7. At a hit in the player pushes the ball along the line for about two yards before it then goes off the field of play. Award?

- a. Retake the hit in
- b. Hit in to the other team where the ball left the line
- c. Free hit to the other team.

8. Inside the circle an attacker is in line with the second defender when the ball is hit by the attacking centre half. As it glances off a defenders stick the first attacker plays the ball into the goal. Award?

- a. Goal
- b. Free hit to defence
- c. 16 yard hit.